

BARSTOW LOG

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July 22, 1999

First modernized AAVs reach Fleet Marine Force

By PFC Travis A. Gannon

SCOUT staff, MCB Camp Pendleton

The first of 680 refurbished amtraks, which will be distributed throughout the Marine Corps, was presented to Assault Amphibian School Battalion July 9th at Camp Del Mar.

The Assault Amphibious Vehicle P7-A1 is a modified version of the AAV7 family of vehicles. The AAV7 has been upgraded several times since its debut in 1972. The additions have made the current version, the AAV7 A1, slow and prone to maintenance problems.

The redesign program was intended to return the amtrak to Marine Corps standards. Thus, the new vehicle's formal name is AAVP7 Reliability and Maintainability/Rebuild to Standard (RAM/RS).

Improving on the AAV7's performance, availability and maintainability is critical to the mission of the Marine Corps, according

to CWO Jim Gehris, maintenance course supervisor at AAS Bn.

The engine and suspension of the AAV7 were replaced using modified parts from the U.S. Army's M2-Bradley Fighting Vehicle.

"Now it has enough horsepower to get you down the road with a sturdy suspension," Gehris said.

The upgrade features a 525-horsepower engine, compared with the 400 horsepower in the current AAV7. Its suspension now exceeds 16 inches of ground clearance; the AAV7 had fallen to less than 12. The new vehicle has a power-to-weight ratio (horsepower-to-ton) of 17 to 1, compared with 13 to 1 with the old amtrak.

The cost of the rebuild is \$400,500 per machine – much cheaper than the \$2 million cost of a new vehicle. Lower maintenance costs add to the savings.

"The older AAVs were weighed down and low to the ground," Sgt. Marcus S. Mathews said. "The RAM/RS is easier to maneuver through rough terrain. It doesn't bottom out on bumps and sand dunes easily."

The AAV7 family of vehicles has been the Corps' amphibious workhorse for nearly three decades, Gehris said. "It was modernized in the early 1980s and has become more expensive and labor intensive to maintain as it aged."

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Photo by PFC Travis A. Gannon

The new modification of the Assault Amphibious Vehicle-7 was given to Assault Amphibian School Battalion Friday at Camp Del Mar. The AAV-7 was built to bring the amtracs back to the original Marine Corps standards lowered by decades of modifications.

MCLB equips Fleet Marine Force

By Cpl. Mike McQuillan

BARSTOW LOG staff

A tour of MCLB Barstow is the ultimate backstage pass to the Fleet Marine Force.

While Assault Amphibian School at Camp Del Mar, Camp Pendleton heralded its first three P7 assault vehicles, workers on the AAV lines at the Maintenance Center here and at

MCLB Albany pressed onward to meet a rigorous demand of the FME.

"We're going to field a total of 680 over a four-year period," said Dave Patterson, field service representative for the United Defense Limited Partnership. "Barstow and Albany will split the responsibility in half."

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Summer storms drench Mojave Desert



Photo by Cpl. Mike McQuillan

SWEPT AWAY – MCLB Barstow and the surrounding communities were treated to the awe-inspiring sight of summer storms last week. While damage to the base was minimal, the same could not be said for personal property. Power was out across the base and a flash flood swept through base on its way to the Mojave River.



Photo by Cpl. Mike McQuillan

Dig, Dig, Dig – Wielding their shovels with the skill and artistry bred into Marines during months of boot camp, LCpls. Herbie Flatt (left) and Ed Vaughn clear mud from Boll Avenue after a thunderstorm July 13. Dirt and debris had run down from the upper levels of the base, blocking Boll Avenue and creating a traffic hazard.

The CO/XO's Corner

The "CO/XO's Corner" is a tool the Base Commander and Executive Officer use to open the lines of communication from the command deck to all personnel and to disseminate essential information as rapidly as possible.

Compete and Win: Our goal, our focus – Your future

By Col. Mark A. Costa
Base Commander

Compete to win!

Why else would someone want to play a game, engage in a sport, try their luck in the lottery, or enter any competition unless they wanted to come out on top, be number one, and be declared the winner?

All of us have heard about the push for governmental services to "compete" against contractor-provided services. What we have not heard a lot about is what the end result should be.

For me, the best end result is the "in-house" workforce – that is the home team – is the winner of the competition! We should settle for nothing less, and now it is our time to compete.

Competition was the basis for many great advances in this country.

Competition spurs the team to work, not only harder but, smarter. The team becomes more focused on what is really important. Team members rely on each other's best thoughts of how to do something and best efforts in doing it the most efficient and effective way. Sacrifices are shared and not targeted to a single member when a team competes. All share in the fruits of "winning."

Competing is something we should not shy away from, but

take on as a challenge to prove we are the best and can offer the best.

Our competition has begun with the initiation of the Commercial Activities (CA) Study in accordance with the Office of Management and Budget (OMB) Circular A-76.

This formalized process takes an organization through the steps to define the work to be done, then develop or build the home team's game plan – the most efficient organization (MEO) – that will compete.

Historically, the in-house workforce wins half the time. What can improve that winning percentage?

First, I believe it starts with the attitude of the home team. If you have a winning attitude, you deserve to win and can win.

Second, you need proper coaching. I believe we have some great leaders in our midst who can lead us to victory, and we hired a world-class consultant to give us good "scouting reports" and recommendations.

Third, you need a winning game plan. That's where everyone is involved again. We need to have the best game plan on how we do what we do.

Fourth, you have the talent on the team. This is one of our greatest strengths.

I believe the home team deserves to win because the MCLB

Barstow team embodies a talented, dedicated and loyal work force of civilian Marines that cannot be replicated by any contracted workforce.

So, can we compete and win?

It is not my nature to take on a challenge or enter a competition without focusing on winning. We are on course and on schedule, however we need input to our game plan and strategy from you.

We have set up a number of ways for you to make your recommendations known:

The Quality Management Office has established a phone line to take questions and suggestions on the CA study and other installation reform initiatives. The information line is 577-6288.

Suggestion boxes are in place in the I&L Department workspaces for the use by employees in the CA study functional areas.

Soon the MCLB Barstow webpage (<http://www.bam.usmc.mil>) will be able to accept suggestions over the LAN.

I encourage you to step up to the plate and give us your thoughts and questions on how to improve and change to be the best. As always, I ask that you stay informed and stay involved.

Compete and win. Our Goal, Our Focus – Your Future.

The C.O. sends.

The art of truly being free

By CDR Richard C. Butler
Command Chaplain, Henderson Hall

The man came struggling down the trail high up in the mountains in Colorado. The backpack he was carrying must have weighed 75 pounds, so he was more than willing to stop for a moment and chat.

"This is my second day out," he said, "and the mistake I made was in bringing too much.

"I've got gourmet food in here and a portable CD player and several books and binoculars and enough camera equipment to start a store. I'm debating right now whether to dump some of it and go on. I've got so much clutter with me that the trip isn't much fun."

The man was left trying to muster the courage to simplify his life by getting rid of some of his unnecessary baggage.

Often when I am reading the great teachings of the Scripture, I think of the story of the burdened-down backpacker and the clutter he was carrying.

Like a scarlet thread running through Jesus' teachings is this advice: Simplify! Don't clutter your life with unnecessary burdens. Even when it's classy clutter, it's still clutter!

That early American group of Christians called Shakers must have recognized that and accepted it. They came up with a lifestyle that carried simplicity to an extreme, but they also came up with what must be among the most beautiful of American hymns – "The Gift to be Simple."

Aaron Copeland took the tune of it as the

theme of his symphony Appalachian Spring. "Oh the gift to be simple is the gift to be free, the gift to come down where we ought to be. And when we find ourselves in the place just right, 'twill be in the valley of love and delight."

Jesus' teachings echo through that claim: The gift to be simple is the gift to be free. That burdened-down backpacker in the Colorado mountains would have understood the claim, and so should we – if you want to be free, then simplify! Simplify!

Look how this theme recurs in the teachings of Jesus. Start with something as basic as language itself, the way we talk. It is interesting how often the Scripture referred to the need for simple, direct language.

"*In praying*" he said, "*do not heap up empty phrases as the Gentiles do, for they think they will be heard for their many words*" (Matthew 6:7) "*Let your yes be yes, and your no be no.*" (Matthew 5:37)

If too frequently our prayers seem, in retrospect, to have been heaps of empty phrases, a lot of words but not much meaning, then simplify. Who are we trying to impress in our prayers? Even in prayer, the clutter may be classy, but it is still clutter. Look at the picture of Jesus we have in the New Testament – what simplicity of language is there!

When Jesus taught, he spoke of flowers in the field, of sparrows falling from a tree. He told of lost coins and sheep that strayed, of a boy who ran away, of a woman kneading bread, of an in-

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In My Opinion...

Can we win this CA study?

By Larry Sanchez
President, AFGE Local 1482

A number of our members have been asking me lately ... "Can we win this study?" and "What can we do to help?"

Being that this is the first time we've ever had to go through this kind of study the answers to these questions were not easy in the beginning.

However, I have consulted with the District Office, our Council #240, have attended numerous meetings on the subject as well as read booklets on the subject put out by our National Office, and I have talked to the newly hired consultants who are here to help us win the competition. I am confident that we not only will win, but that we deserve to win, and we should not let any contractor ever take our jobs without a fight.

We are the in-house work force. We have the home-court advantage. We know our jobs and we do them better than any contractor could ever do without a doubt. But, yes, we also must get more efficient at what we do and we must realize that we will have to streamline our work force and possibly do more with less.

We can no longer continue to do things

"business as usual" and hope this study will go away.

All of you who work in your respective areas know that the work you do can be done in a more efficient manner. You have probably told your supervisor many times something could be done differently and have been told just to do what he tells you.

All the ideas, or at least most of them, have probably fallen on deaf ears, and you just said "Forget it. It isn't worth my time trying to get through to this so-and-so." Well, that has to change and it has to change now. Your ideas are the key to our winning this competition ... it's as simple as that and as important as that.

Management must listen to the work force or we will fail.

So get your ideas to your supervisor, and don't take "no" for an answer. Request that your idea go up the chain to the next line supervisor before you accept any "no" answer. If you still feel strongly about your idea, then bring it to the Union, and we'll get it to the right people.

Streamlining the work force will mean there will be less of us when we win – that is

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Marine Corps Logistics Base Barstow, California
Colonel Mark A. Costa, Commanding Officer

Public Affairs Staff

Public Affairs Officer/Executive Editor:
Public Affairs Chief/Managing Editor:
Editor:
Correspondent:
Correspondent:
PA Support Clerk:

Bill Bokholt
GySgt. Frank Patterson
Cpl. Mike McQuillan
Cpl. Matthew Weir
LCpl. Brian Davidson
Bertie Dailey

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For information on advertising in **BARSTOW LOG**, contact Paul Kinison of Aerotech News, Lancaster, Calif., phone: (805) 945-5634.

News Briefs

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact, a phone number, and be received by noon, Friday for the next issue. Submit news briefs via LAN to PAO@PSD.

Blood Donations

The Blood Bank of San Bernardino and Riverside Counties and the Rancho Cucamonga Quakes will host Donor Night July 27. Those who donate blood at the Rancho Cucamonga Epicenter will receive a pair of tickets to the Quakes game that night and a souvenir T-shirt. The Lake Elsinore Storm will also give free tickets to donors at their blood drive Aug. 6. For more info, call Josie Marquez at 577-6357.

Route 66 Market Festivals

The Barstow Area Chamber of Commerce is sponsoring the Fifth Annual Market Festivals Tuesday evenings from 6-10 p.m. at the Barstow Mall until Sept. 28. This year's theme is the Route 66 Market Festival. The annual event features a variety of craft, food and produce vendors, children's rides and a variety of entertainment. Weekly themes include Youth Night, Calico Night, Harley Davidson Night and others. Look for these nights in the future:

Date	Event
July 27	Calico Night
Aug. 3	Harley Davidson Night

Aug. 10	Heath/Fitness Night
Aug. 17	Youth Night
Aug. 24	Military Apprec. Night
Sept. 7	Community Night
Sept. 14	Country Night
Sept. 21	Health & Fitness Night
Sept. 28	Police & Fire Night

For more info, call Tera Moore at 256-8400 or the Chamber of Commerce at 256-8617.

National Night Out

The Provost Marshal's Office presents the 16th Annual National Night Out Aug. 3 from 5-9 p.m. at the McKinney Youth Complex. Featured at the event will be a bike rodeo, children's games, food and more. For more info, call the Physical Security Office at 577-6514.

Getty Museum trip

The MCLB Barstow CWRA is sponsoring a trip to the Getty Museum in Los Angeles. You'll enjoy this exceptional opportunity to see one of the world's largest collections of paintings, classical antiquities, bronze and marble sculptures, photography, and much, much more. The collection includes works of art dating back from ancient history through the more contemporary times and is considered to be one of the best

and most diverse in the world. The trip is Aug. 28. A bus leaves Bldg. 44 at 6:30 a.m., stops in Victorville at the International House of Pancakes parking lot at 7:30 and returns to Barstow by 10:30 p.m. The cost per person is \$10 to cover the price of gas. Contact the following CWRA committee members for reservations:

Name	Phone
Dan Keim	577-6614
Frederico Molino	577-7210
Ed Guz	577-6183
Vince Chavez	577-7076
Barbara Kulseth	577-6771
Kay Servais	577-6233
Wrayanne Huddleston	577-6714
Barbara Kent	577-7382
Tangia Joseph	577-7230
Bruce Rowe	577-7207
Cliff Acles	577-7092
Ed Frey	577-6940
Richard Tusing	577-6492
Sixto Granados	577-7424

Leave Donors needed

Maintenance Center employees Phillip Gross, Engineering Department and Rodger Powell, Production Management Department, have been affected by medical emergencies. Anyone desiring to donate leave

under the Leave Sharing Program may obtain a leave donor application through their division and administrative officer. For more info contact Pat Snyder at 577-7284.

MSG Duty

Marine Security Guard Battalion is accepting volunteers for classes 01-00 through 05-00. Applicants must hold the rank of lance corporal through sergeant and have at least one year on station. Waivers will be considered on a case-by-case basis. All Marines are encouraged to volunteer, regardless of MOS. For more info, call the career planner at 577-6684.

ID Section Closed

The I.D. card section will be closed Friday. It will resume regular business hours Monday. For more info, call 2ndLt. Conley at 577-6155.

U.S. Naval Academy

The admissions board at the U.S. Naval Academy is accepting nominations for the academy or for the Naval Academy Preparatory School. Applicants must be between ages

at least 17 and younger than 23 by July 1 of the year they would enter the academy. Potential Midshipmen must also be U.S. citizens, have good moral character, be unmarried, not pregnant and have no dependents. Transfer orders will be issued on or about May 1, 2000. For more info, call the career planner at 577-6684.

Swimming Lessons

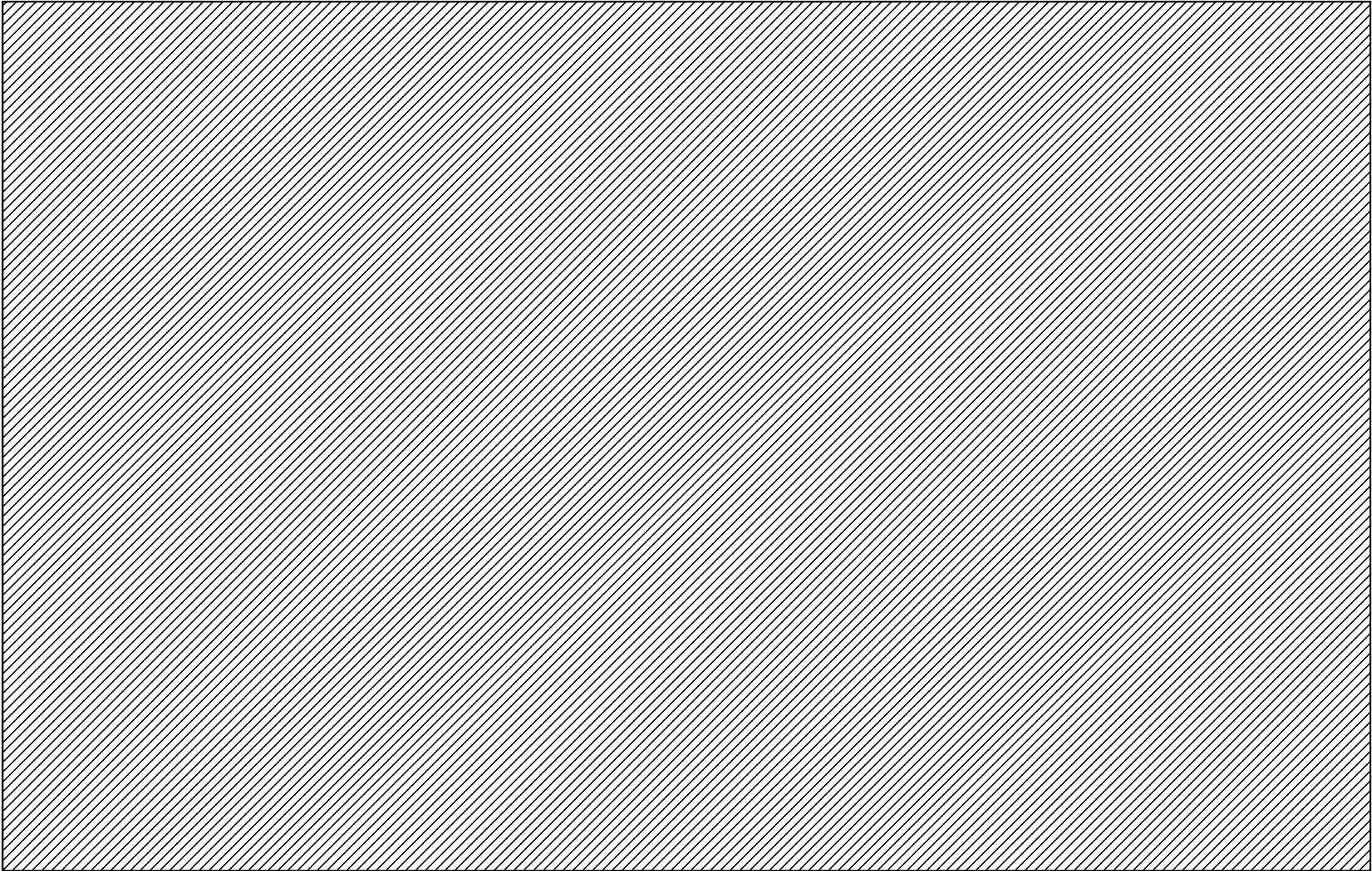
SemperFit is in the final stages of planning for summer swim lessons for active-duty, retirees and family members. Lessons will take place Tuesday through Friday mornings. Those interested in participating should call Brenda or CWO Bradshaw at 577-6543 with the number of children you would like to enroll and their ages.

China Lake Triathlon

The 1999 China Lake Triathlon will be held Saturday, Sept. 25 at 7 a.m., but a change has been made to improve the event.

The swimming section of the long course has been doubled to 1.5K to meet international regulations.

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Job Watch

<u>Annc No.</u>	<u>Title/Series/Grade</u>	<u>Open</u>	<u>Close</u>	<u>1st Cutoff</u>	<u>Location</u>
DEA-95-99	Crane Operator WG-5725-11	03-08-99	09-30-99	03-22-99	Calif., Ariz.
DEA-140-99	Firefighter GS-081-03/04/05/06	04-05-99	09-30-99	04-19-99	Port Hueneme
DEA-164-99	Firefighter GS-081-04/05/06	04-29-99	09-30-99	05-13-99	Camp Pendleton
DEA-208-99	Amendment Electrical Engineer GS-850-11/12	05-25-99	07-30-99	06-25-99	San Diego, Calif.
DEA-218-99	Air Conditioning Equip. Mech. WG-5306-10 (Term NTE 13 mos.)	05-26-99	07-30-99	06-18-99	Calif., Arizona
DEA-227-99	Civil Engineer GS-810-7/9/11	06-01-99	07-30-99	06-15-99	El Centro, Calif.
DEA-263-99	Family Services Counselor GS-101-11 (Part Time)	07-06-99	08-03-99	07-20-99	Calif., Arizona
DEA-285-99	Telcommunications Specialist NH-391-111	07-16-99	07-30-99	N/A	Camp Pendleton
DEA-286-99	Computer Specialist GS-334-9 (Term NTE 366 days)	07-16-99	07-30-99	08-13-99	MCLB Barstow
OTR-27-99	Motor Vehicle Operator WG-5703-08 (Temp NTE 1 yr.)	03-24-99	09-30-99	04-07-99	Calif., Arizona
OTR-35-99	Computer Specialist GS-334-11(Temp NTE 1yr.)	04-06-99	09-30-99	04-20-99	Calif., Arizona
OTR-36-99	Materials Handler WG-6907-07 (Temp NTE 1 yr.)	04-07-99	09-30-99	N/A	Seal Beach, Fallbrook
OTR-38-99	Materials Handler WG-6907-05(Temp NTE 1 yr.)	04-07-99	09-30-99	N/A	Seal Beach, Fallbrook
OTR-39-99	Ordnance Equipment Repairer WG-6641-08 (Temp NTE 1 yr.)	04-09-99	09-30-99	04-19-99	Seal Beach
OTR-41-99	Painter WG-4102-07 (Temp NTE 1 yr.)	06-15-99	09-30-99	06-28-99	MCLB Barstow
	Heavy Mobile Equip Repair/Oper WG-5803-08/10/11 (Temp NTE 1 yr.)	06-15-99	09-30-99	06-28-99	MCLB Barstow
	Artillery Repairer WG-6605-07 (Temp NTE 1 yr.)	06-15-99	09-30-99	06-28-99	MCLB Barstow
	Pneudraulic Systems Worker WG-8255-08 (Temp NTE 1 yr.)	06-15-99	09-30-99	06-28-99	MCLB Barstow
OTR-73-99	Preservation Servicer WG-7006-07 (Temp NTE 1 yr.)	07-06-99	08-03-99	07-20-99	

For more information contact the Human Resources Office at 577-6484.

ASMC/FMA Joint Luncheon scheduled for August

By **GySgt. Frank Patterson**
Public Affairs Chief

The American Society of Military Comprollers joined forces with the Fedeal Manager's Association to host a luncheon at the Oasis Club Aug. 25 at 11 a.m.

Featured speakers are Barbara Vanlandingham and Carl Fillingame.

Vanlandingham is the program manager for the Commercial Activities study at Fort Irwin.

After returning from overseas, she found her old job was gone, and she

was placed in her current position. She is now returning from the Aberdeen Proving Grounds where they won their recent competition.

Fillingame is the manager of the MCLB Barstow Commercial Activities study.

He is scheduled to provide an update on the progress of that currently on-going study.

The \$5 lunch is a choice of Chicken Cordon Bleu, rice pilaf and vegetables with tea or coffee, or a Chef's Salad.

Tickets may be purchased in advance from any person listed below:

Ticket Representatives

ASMC		FMA	
<u>Name</u>	<u>Phone</u>	<u>Name</u>	<u>Phone</u>
Randy Meyer	6366	Glenn Stoops	7291
Conni Lewellyn	6596	Bob Pettit	7277
Billie Reed	7875	Lorinda Meinicke	7774
Tito Escobedo	6369	Connie Zamora	6657
Sophia Cisneros	6140	Donna Wilder	6638
Lou Ann Presley	6636	Bob Wyman	6866
		Lorella Garcia	6352
		Dallas Harris	6602
		Donna Coppi	6279

Corpsman wins Sailor of the Quarter board

By LCpl. Brian Davidson
BARSTOW LOG staff

Corpsmen play an important role in the success of the Marine Corps.

The Sailor of the Quarter, Hospitalman 3rd Class Anthony Magdelano, couldn't think of any other way he'd rather serve his country than as a Navy Corpsman.

"Being able to help someone, no matter how big or small their problem may be, is the most rewarding part of my job," Magdaleno said. "No one likes to have their blood drawn or get a shot. For some people it's very hard, but making the experience easier for them is a big part of what I aim to do."

Magdelano believes that being the best that he can be at what he does everyday is the key to being a successful Sailor and Corpsman.

Having been nominated for "Sailor of the Quarter" boards in the past, Magdelano knew how to prepare for them to his benefit.

"I've been on two other boards so I knew how to make ready," he said. "I found out one week prior to the board that I was going to be on it, so I wasn't able to prepare for it the way I wanted to."

The mild mannered, 5-foot-8-inch Sailor postponed his favorite hobbies of deep-sea fishing and camping at the drop of a dime to ensure he'd win the board.

"I put everything I had into preparing for it," said Magdelano. "I studied my NT's, read up on my naval history and studied my ship board questions as much as I could. I even completed more correspondence courses," he added.

In addition to his day-to-day duties, Magdelano said the most interesting thing about being a corpsman is that he's done things he never thought he would do in the Navy.

"I thought that in the Navy I'd be either on a ship or working at a clinic or hospital, but I've done a lot more, like going on long humps with Ma-

rines," said Magdelano. "When I was stationed with Field Medical at Camp Pendelton I got a much better understanding of what it means to be a corpsman. I never thought that I'd serve side-by-side with Marines out in the field," he added.

He said that serving in the Navy and with Marines has been a motivating and enriching experience because of the great insight it's given him.

"I am very lucky. We [corpsmen] have a great profession because we get to see things that most people don't, and we see them from two different perspectives," said Magdelano.

Magdelano noted that he believes there are several benefits to standing a board.

"Competing on boards can only benefit you because they reflect positively on you and in your records, said Magdelano. "They encourage you to advance your military knowledge and improve your chances for promotion."

Winning "Sailor of the Quarter" does afford the sailor some concessions.

"Being the 'Sailor of the Quarter' is great," remarked Magdelano, but the best part about it that you get a U.S. Savings Bond and you're recognized with your peers at a big, free breakfast.

Magdelano has been married for three years to his wife, Deanna, and is the father of two children, Richard and Adrianna.



HM3 Anthony Magdaleno

"I am very lucky. We [corpsmen] have a great profession because we get to see things that most people don't, and we see them from two different perspectives."

America remembers the 'Forgotten War'

By LCpl. Brian Davidson

BARSTOW LOG staff

It is called "The Forgotten War", one of the four largest conflicts in which American blood was shed.

In 1950, America's armed forces were far below normal strength – weakened by World War II and peacetime economy measures.

According to *The Compact History of the U.S. Marine Corps*, the Eighth Army's occupation forces in Japan had nearly 70 percent of its regular forces. The Corps was 25 percent slimmer than its permanent ordained strength of 100,000 Marines. Just five years earlier the Marine Corps was at its peak strength of 485,113 leathernecks.

June 25, 1950 marked the dawn of a new day and a new war – the Korean War. That morning, the North Vietnamese People's Army crossed the 38th Parallel under the command of General Chai Ung Jun. Seven assault infantry divisions accompanied by two independent infantry regiments and a tank brigade were the first forces to spark the North Korean aggression against the Republic of South Korea.

General Douglas MacArthur made the call for Marines to en-



Photo courtesy of National Parks Service

ter the war July 2.

The First Marine Provisional Brigade began our history in the Korean War by celebrating the anniversary of the landing at Guadalcanal with combat against elements of the NKPA.

Over the next three years Marines, from what was left of the Corps, were involved in bloody battle with the NKPA and Chinese Communist Forces.

The cumulative casualty report issued in June of 1953 carried the names of 136,862 Americans. Of that number, 24,386 had been killed in action or died as result of wounds, according to *The Compact History*.

On July 27, 1953 a cease-fire agreement was signed by Lieutenant Gen. Nam Il and Lieutenant Gen. William Harrison at 10 a.m. at Panmunjom. Fighting stopped 12 hours later; however, some Marines didn't leave their post for another two years.

Marines held post in the hills of the demilitarized zone that separated North and South Korea until they were relieved in April of 1955.

The Marine Corps developed three important tools in the Korean War; flak jackets, vertical assault and insulated boots.

When having summer fun use your 'safety sense'

Submitted by

Base Safety Office

Your most important tool for enjoying the great outdoors is your own "safety sense." Always bring along a first aid kit and manual and check them before you leave so you're familiar with their contents. Get plenty of sleep. When you use your safety sense, you'll be able to relax and enjoy your vacation – and come back refreshed.

Here are some additional safety tips for the great outdoors:

On the Road

Get your vehicle to a qualified mechanic for a safety check before any long trip. Once you get going, make sure everybody properly uses safety belts or, in the case of small children, child safety seats. The back ledge of your vehicle should have nothing on it that obscures your rear view or that could become a dangerous flying object during a stop. Make regular stops to get out, stretch and "shake out" any tension.

Water Sports

Swimming, boating, waterskiing and rowing have some safety precautions in common. Each requires some degree of training and practice before you can engage in them safely. All nonswimmers in the family should take swimming lessons before going in the water. Never swim alone or if you're tired or ill. Be sure you know the depth of water before diving into it. Supervise children closely around any water source, even kiddie pools. Always wear approved and properly fitting flotation devices when boating, waterskiing or, if you're a nonswimmer, whenever you go in the water. If a boat does overturn far from shore, stay with it until you are rescued. Remember that alcohol and water sports don't mix.

Hiking

Hiking is healthy exercise, but don't do too much too soon. Check with your doctor before starting strenuous activities if you're out of shape or over 35 years old. Do stretches and warm-up

exercises for five to 10 minutes before hiking, and take time to stretch afterwards as well. Wear comfortable but rugged hiking shoes and sun protection, drink lots of water and take frequent breaks. Wait for an hour after drinking alcohol or eating – two hours after a heavy meal – before going on a hike. Don't hike alone or in foul weather. Stop if you have pains or become short of breath. Time your hike so that you'll get back before dark. For long hikes, bring water, a windbreaker, a pocket knife, a compass and a lighter in case you get lost and have to start a signal fire.

Insects, Snakes and Plants

If you are allergic to an insect sting, notify your doctor before going on your trip. If you get bitten or stung by an insect, remove any stingers or, in the case of ticks, the insect itself, and apply an ice pack or cold water and an antiseptic. Hydrocortisone cream or baking soda paste may relieve the itch. Take aspirin or an aspirin substitute for any pain. Leave snakes alone, but in case of a snake or scorpion bite, refer to your first aid manual and call a doctor. Poison oak and poison ivy each have three leaves and should not be touched or burned. If you do come in contact with them, wash with soap and water and then rubbing alcohol, but don't scratch. Apply cold, saltwater compresses for serious cases, but see a doctor if this does not help or if your eyes start itching.

Fun in the sun

If you're planning a vacation in a warm climate, be sure to pack sunscreen, hats, sunglasses and a cooler for cold fluids. Build up your sun exposure gradually. Apply sunscreen lotion with a skin protection factor (SPF) of 15 or higher to all areas of exposed skin, even after swimming. Swimming and a cloudy day are no protection from sunburn.

Dehydration can lead to various forms of heat stress. Drink plenty of fluids in unusually hot weather, even if you don't feel particularly thirsty, and limit your activities the first couple of days.

DoD pursues mental health initiatives

By Douglas Gillert

American Forces Press Service

WASHINGTON – On the heels of the first White House Conference on Mental Health, DoD has launched two new initiatives aimed at reducing stress and suicide among service members and their families.

President Clinton announced the new DoD programs June 7. The first is designed to help service members and their families learn to manage stress associated with frequent deployments, family separations and other life issues. The second initiative tackles the issues of suicide.

A new DoD directive requires that all service members and health care providers receive training in combat stress control and assigns a mental health consultant to each unified command surgeon. A reinvigorated suicide prevention program will identify and implement the best practices from among the service departments, integrate the delivery of mental health services between agencies and develop a robust data base to guide program planning and implementation.

Both initiatives call for greater support from line commanders.

The two initiatives require similar resources, said Dr. Sue Bailey, assistant secretary of defense for health affairs. She said DoD's goal is to strengthen and unify programs the services already have. Moreover, she added, DoD wants to remove the stigma often associated with mental health difficulties.

"It's an issue for society as a whole. There has been stigma associated with any mental illness or emotional disturbance. Particularly, we're looking at cultural change in the military," Bailey said.

Increasing peoples' ability to cope with stress requires an openness that could conflict with an individual's need for privacy, Bailey admitted. But it's important commanders and supervisors know if somebody under their command is suffering emotional problems, particularly if that person's job involves individual, organizational or national security, she said.

The services' have programs to help members recover. While in them, service members may need a job change or duty restrictions, but with successful treatment they can usually return to their old jobs, Bailey said.

There is no return from suicide, however. Bailey said she's encouraged by an Air Force prevention plan that has reduced suicides by four-fifths.

"The average suicide rate for the military is 12 per 100,000 people," she said. "In the Air Force program, we found that in the first six months of 1999, the rates came down from about 15 per 100,000 to 3 per 100,000. So we're seeing what we think are real positive results from the program they've initiated."

The Air Force suicide prevention program focuses greatly on community involvement, Bailey said. Mental health professionals counsel and support troubled people, but so does the entire community, including churches, schools, family services and others, by forming a circle of help to rescue somebody from the turmoil of emotional and mental despair, she said.

DoD's program will build on the Air Force's and blend in the best practices of the other services' programs, Bailey said. "We will work together to share our resources, experience and data," she said.

Some aspects of the program will be uniform across DoD, while others will be tailored to meet the needs of the specific services or other groups, such as members of different services who deploy together. The program will be fully implemented by the end of 1999, Bailey said.

"National security depends on a military force that is healthy and fit, both physically and mentally," Bailey said. She said she's encouraged by a 1998 health behaviors survey that reveals more service members are finding positive ways to deal with stress.

"The survey indicates that service members are experiencing a greater level of access to programs within the community and through our medical system," she said. "They are also seeking out things such as exercise as a means of coping with stress."

Be safe on the highway

By SSgt. Larry Lewis
Battalion Safety SNCOIC

Comrades, echoing on comments recently made by General Krulak; the Marine Corps seems to be losing entirely too many of its Marines to traffic accidents. This is entirely unacceptable.

The severity of mishaps in terms of lost lives is on the increase. The leading causes seem to remain the same – single vehicle mishaps at high rates of speed and the never-ending driving under the influence of alcohol. These factors, coupled with fatigue and not using seatbelts reflect poor judgement and a lack of self-discipline, particularly in our younger Marines.

The experts project, based on past statistics, that we can expect to lose more Marines as the summer days continue to arrive. This is a time when you will typically find more motorists on the road with less patience.

Unfortunately, this is a time when more of us die. Also because of this, it makes it all the more

necessary for each of us to clearly understand and consider the risk involved with driving. We must also realize that it is our very “own” obligation to manage those risks wisely. So where do we start?

We begin with the basics. First we must realize that every Marine should be committed to his or her own safety. That’s the bottom line.

We all have heard the risk but too often we gamble that it really doesn’t apply to us. I’m sure the last time someone died in a traffic accident, he didn’t plan on his death, either.

Secondly, leaders at all levels can make a significant impact. Although you can’t drive your Marine’s vehicle for them you can in fact instill self-discipline and help them to adopt smart habits associated with staying alive. How? By being the example. Instruct Marines in the risks and alternatives. Enforce the standard and hold them individually accountable.

Keep safety in the minds of everyone around you and let’s survive the hazards of driving. Semper Fi and remember – don’t drink and drive.

Magistrates Court results July 16



Charge: Failure to appear.
Sentence: \$250 fine, suspended for 6 months.

Charge: Driving on base with an expired registration, driving with a suspended license, driving with no insurance, possession of drug paraphernalia, speeding.
Sentence: \$560 fine.

Charge: Driving under the influence.
Sentence: \$500 fine. Required to complete an alcohol abuse program.

Charge: Destruction of property, unauthorized use of public lands.
Sentence: \$250 fine. Required to provide restitution costs to repair the land in the amount of \$3,000.

A child’s hard-learned lesson saves a young man’s life

By LCdr. Randy Hunt
From ASHORE SAFETY MAGAZINE

A 5-year-old boy was severely hurt in a terrible automobile crash. A 20-year-old man was also in a terrible crash. He wasn’t hurt because of what happened to that young boy.

Three days after Christmas 1967, the 5-year-old was going to the store with his mother and brother. It was a short drive to pick up supplies for a small New Year’s Eve party for the boys.

Back then, people didn’t pay much attention to wearing seat belts. His older brother was sitting down, but the 5-year-old, still excited about the holiday, was standing in the back seat. His dad was in Vietnam, and his mother was worn out from the holidays. She didn’t have the energy to convince the boy to sit down.

Suddenly, a car blew through a stop sign on a side street. Although the mother tried to avoid the collision, the cars met with a dull crunch, and the family’s sedan veered into a telephone pole. The car stopped, but the boy sailed through the air at 30 mph and smashed into the windshield. He hit so hard that his small body bounced back into the backseat and landed in a heap on the floor.

Blood was everywhere, soaking the upholstery and ruining the new, yellow raincoats the boys had received as Christmas presents. A bystander brought a damp washcloth to use as a compress. It was cool and felt good on the boy’s forehead. People stood around the car and wondered how a person could be hurt so badly in such a low-speed crash. Finally, the ambulance arrived.

The little boy, alone and afraid, rode in the ambulance to a hospital where doctors worked to save his life. Just how close the child came to dying is anybody’s guess. He spent New Year’s Eve in the hospital. His family held their small party in his room.

As he grew up, that boy wore the scars from that crash. Although time has smoothed their lines a bit, you can still see them. He remembers the terrifying ambulance ride, the soothing washcloth, his blood-stained raincoat.

In 1986, just months after receiving his wings of gold, a 24-year-old man was driving his “ensign-mobile” along the beach. He could not have asked for a better day; the sun was still warm as it settled on the western horizon.

He had been water-skiing with friends and was only two miles from home. Even on this short trip, he was wearing his seat belt.

He was driving too fast, as he did most of the time. But he was an aviator and felt bulletproof. As he rounded a curve, he hit a patch of gravel, and the rear end of his little car slid. Quick reactions kept him from spinning into a telephone pole. He regained momentary control and corrected the skid, but crossed the centerline. He didn’t see the car approaching him; it was lost in the glare of the sun.

The cars hit with a deafening crash, and the ensign-mobile rolled into a ditch. The young man was thrown forward into his seatbelt at close to the 60 miles per hour his car was traveling and then tossed against the seat.

There was no blood in either car. People stood around wondering how anyone could walk away from such a violent crash. An ambulance quickly arrived. The crew checked each driver for injuries, found none, and drove away.

I was that young man, and as I watched the ambulance drive away, I remembered how frightened I had been in an ambulance ride when I was five years old. Yes, that was me too.

I think often of how I lived through the second crash because of a lesson I had learned as a young boy.

SALUTES

Comptroller Department/RMD*

Exceeds Fully Successful

Dolores Rosenbaum
Leslie Hunt
Sharon Loshcen
Rose Vargas

Outstanding Performance Award

Mary Aguilar	Conni Lewellyn
Cheryl Anderson	Teresa Moor
Samuel Callejo	Monica Moorman
Nancy Derryberry	Michelle Noice
Mary Doucett	Gloria Pawlow
Erin Foster	Lou Ann Presley
Lorella Garcia	Sandra Quinones
E.A. Gillberg	Bonita Rasmussen
Peggy Haines	Billie Reed
Nancy Hammons	Wayne Thomas
Barbara Lawrence	Jill Winter

Sick Leave Award

2500 Hours
Gloria Pawlow

1500 Hours
Bonita Rasmussen

1000 Hours
Samuel Callejo

500 Hours
Maria Bonner

Quality Step Increase

Maria Bonner
Margaret Carter
Anne Jaramillo
Anita Lewis
Randy Meyer
Michael Neel
Jerry Nelson
Kim Whaley

Federal Length of Service Awards

30 years
Michael Wilder

20 years
Lorella Garcia

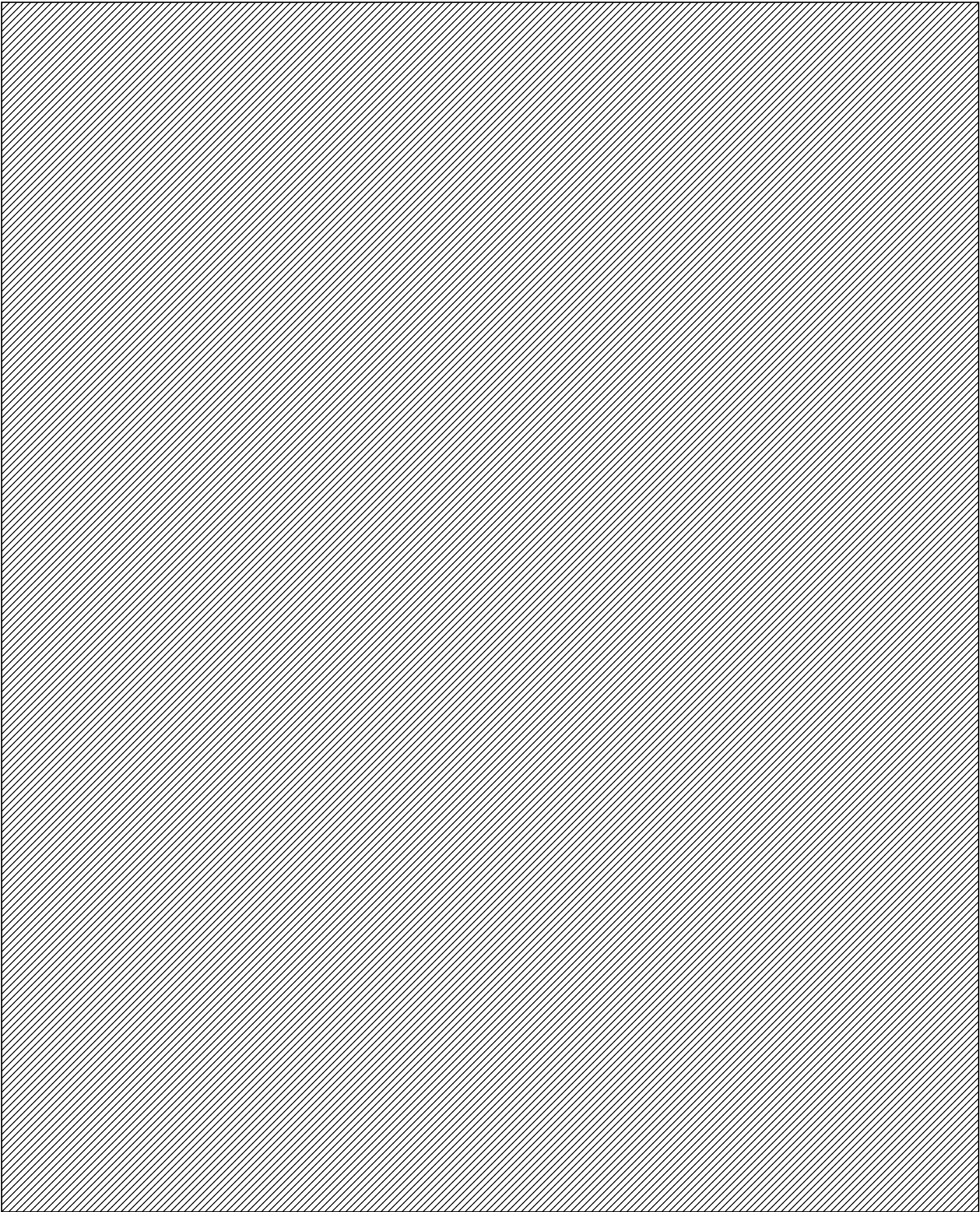
25 years
Anne Jaramillo

15 years
Erin Foster

10 years
Cheryl Anderson

More Salutes will run in future editions of the BARSTOW LOG.

*Editor’s Note: RMD was recently eliminated during the last base realignment



CHAPLAIN from Page 2

jured traveler, of specks in your eyes and houses built on sand.

Simplicity! Simplicity !
The December 1988 edition of Reader's Digest tells of young Matthew, age 4, eating an apple in the back seat of the car:

"Daddy,"said Matthew, "why is my apple turning brown?"

The father explained, "Because after you ate the skin off, the meat of the apple came in contact with the air which caused it to oxidize, thus changing its molecular structure and turning it into a different color."

There was a long silence, and then Matthew asked softly, "Daddy, are you talking to me?"

Matthew's question is the right one – to whom are we talking? What do we want to say? Whether in the language of prayer, or in simple conversation, it follows through.

If you don't feel you have to carry with you the need to appear sophisticated, to appear philosophical or theological or clever, if you can truly find the courage to be simple, then you can

be free. No more worry about what someone will think about your comment here, your question there. The gift to be simple in speech is the gift to be free.

And don't let possessions clutter your life and so burden you down that you lose your freedom entirely.

Jesus said it over and again – don't let your possessions become your master. "*Do not lay up for yourselves treasures on earth*," he said. (Matthew 6:19) "*A person's life does not consist in the abundance of his possessions*" (Luke 12:15)

The story is told of a California woman who received word that one of those canyon fires was racing toward her house; that she had only an hour or so to collect a few things and leave. What would she take?

She wrote, "All of a sudden, articles began to have a spirit, a soul, a life of their own. Here was a book owned by my father, a pitcher from which my mother poured milk.

"I walked through rooms where I had spent my childhood. Here we laughed and cried. Here I had argued, celebrated, worried."

And then came this intriguing state-

ment: she said, "We define who we are by what we take and what we leave behind."

How did Jesus say it? "A person's life does not consist of the abundance of his possessions."

The fact is that life can get so bound up by possessions that we can never again be really free.

We in the military, especially during the high- volume moves of summer, remember how much we have accumulated while serving in our most recent tour. The more we have, the more we have to lose, and the more we have to lose, the less free we become.

Many a person has discovered to his or her great surprise and disappointment that life can get so crusted over with present possessions and expectations of more, with appetites satisfied that it becomes increasingly hard to have a truly joyous moment again.

But even in possessions, the gift to be simple is the gift to be free.

So be it language, possessions, or the clutter in other areas of our lives, the art of simplicity paints the greatest picture.

AAV from Page 1

"The RAM/RS will provide the Corps with an extremely reliable vehicle. It'll serve as the backbone to the Corps' amphibious capabilities until the Advanced Amphibian Vehicle is fully operational in 2014."

"This is the first vehicle off the line, and I am the first to operate it. I'm honored," Mathews said. He was also selected to be the vehicle's first crew.

Distribution of the RAM/RS will begin at the end of the month. "We feel proud and honored to get the first," Gehris said. "It was necessary we had the first, because we teach everyone how to operate them."

Instructors at AAS have already begun training Marines on the vehicle.

In February, AAV mechanics attended schools in several cities to learn more about the new engine.

Staff NCOs from the operator maintenance community throughout the Corps traveled to AAS Bn. for instructor and key personnel training.

There are not many differences between the old and new amtracs as far as training is concerned, so it's not a real challenge to switch over, Gehris said.

As the new vehicles are issued, instructors from AAS Bn. will be on hand to provide assistance and last-minute training Gehris said.

The RAM/RS allows quicker ship-to-shore movement, Mathews said. "It moves faster, which makes us that much better."

MCLB from Page 1

Albany was quick out of the starting blocks, sending its first three AAVs to Camp Del Mar on July 9.

Barstow sent three more Tuesday, equipping AAS Bn. with half of its needed inventory.

"The first 12 will go to the schoolhouse," said Patterson. "As they come off the production line, they'll be sent to IMEF, IIIMEF or IIIIMEF

MCLB Barstow will send its share of the vehicles to elements of the First Marine Expeditionary Force at Camp Pendleton and IIIMEF at Camp Hansen, Okinawa, Japan.

The Marine Corps manufactures three versions of the AAV7 - the P7 (personnel) the C7 (command and control) and the R7 (radio communication).

"We're just sending out the P7s this

year," said CWO Francis Babeu, RAMIRS program manager.

"Next year we'll begin sending out the C7s and R7s as well. We have a schedule in place to get all the vehicles to the Fleet over the next four years.

The Maintenance Center teamed with the United Defense limited Partnership to modernize the AAV and introduced it at a rollout ceremony in May.

Officials anticipate the AAV7 to be the last model used by the Marine Corps before the Advanced AAV is introduced.

"The AA7V should be ready by about 2004," said Patterson.

Students at the school now will train on the P7s and be among the first to use them in the Fleet. MCLB plans to begin sending vehicles to the 1st and 3rd Marine Divisions later this year.

WIN from Page 2

true – but how we will do it is the important part. The Colonel has put out a plan, which I endorsed, to only hire temps and terms to replace permanent people that voluntarily leave or retire for the next two years so that when we have to streamline, the number of permanent people will already be down to the numbers that we need or at least close to the numbers so that we can avoid a RIF

There have been some problems, but we are hoping to have other options like early outs and incentives that will help reduce the work force and not hurt anyone.

The bottom line is that we can win this study, but only with your input and suggestions.

We're all going to have to make some sacrifices and admit we can do things better.

So let's get those ideas out, and let's win this CA study.

BRIEFS from Page 3

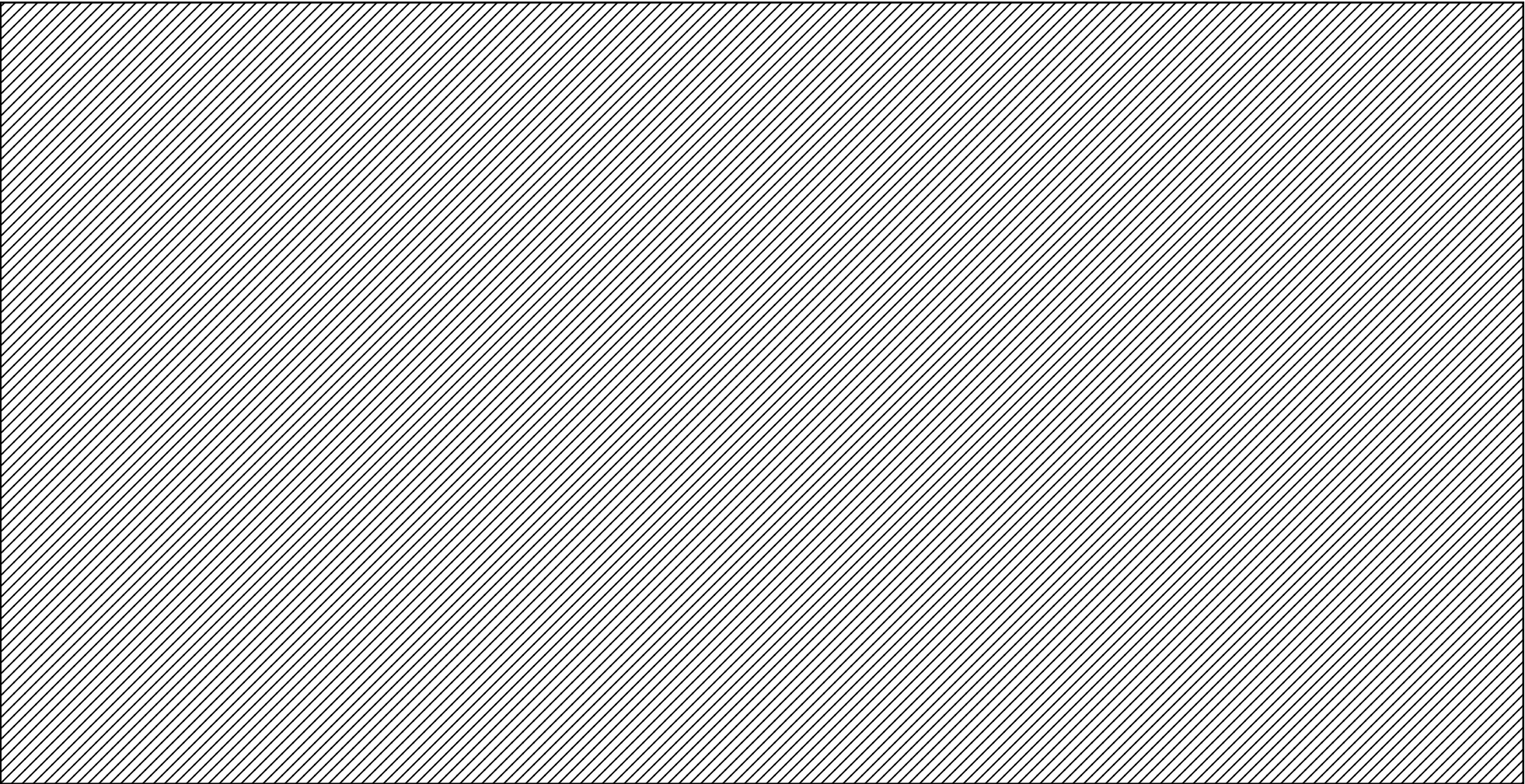
For more info, call LuChrisa White at 939-2334.

Navy-Marine Corps Relief Society

Come in and see us or make an appointment.

We're open Monday, Tuesday and Thursday, 9 a.m. to 1 p.m., and Friday, 9 a.m. to noon.

Call 256-1378 or 577-6627.



SPORTS

Bulldogs sweep A-1 Towing, win division title

By Cpl. Mike McQuillan
BARSTOW LOG staff

MCLB Bulldog catcher Sean Dugan launched an RBI triple in the eighth inning at the Barstow Sportspark Tuesday night, driving home the winning run and the league championship over A-1 towing, 14-12.

The Bulldogs entered the game with a 1-0 series lead, having won the first game before rain postponed the return match-up twice.

Both teams breezed through a scoreless first inning, leaving the middle of the batting order to kickstart the scoreboard.

Sam Yost led off the top of the second with a double. He tagged up on two pop flies to score the game's first run.

A-1 retaliated in their half of the third inning, posting two runs on the scoreboard.

In the top of the fourth inning, Yost led off with his second hit of the night. Two outs later, John Lozano drove him home with a towering triple. Reggie Harris followed with a walk and scored on a Peter Irene triple.

More than halfway through the game, the Bulldogs led 4-2.

The bats lay quiet for an inning before careless errors cost the Bulldogs nine runs in the bottom of the fifth inning. Down 11-4 with just six outs to spare, team captain Rolando Sotolongo rallied his dog pound back into a championship mindset.

"We've come back from worse deficits than this," said Sotolongo. "As long as we function as a team,

there's nothing to worry about."

The Bulldogs chomped at A-1's lead during their next at-bat, sending six runs across the plate for an 11-10 score.

A-1 added one in the top of the sixth,

leaving the Bulldogs with half an inning to either produce two runs or play a decided game three.

"We didn't want to lose our momentum and play another game," said

Sotolongo. "It takes a lot of pressure off of us if we have the lead."

Fred Waddell moved to the batter's box to open the top of the seventh inning. One mighty swing hammered a home run over the right field fence, narrowing the gap to 12-11, bringing the tying run to the plate.

Next to bat was a modern-day archetype of sandlot supremacy — Sammie.

Yost clobbered a triple, his fourth base hit of the night, and tagged to score a run. Yost fell a home run shy of hitting for the cycle.

The rest of the seventh was quiet, bouncing the game into extra innings.

Dugan's eighth-inning triple scored Peter Irene, the eventual winning run. Dugan then strutted home to add a final insurance run, bringing the final tally to 14-12.

A-1 threatened in their half of the eighth, but with one on and one out, the Bulldogs turned a 6-4-3 double play to cap their inaugural season in the Sportspark League with a "C" division title.

"I was proud of the guys all sea-

son," said Sotolongo. There were times when they looked down and out. The Lighthouse beat us twice during the regular season. Once we swept them in the playoffs, I knew we would be champions."

Next, the Bulldogs head to the Western Regionals at MCAGCC Twentynine Palms on Sunday.

In past seasons, the Bulldogs formed after the base league ended, but this year, the team going to the regionals has been playing together for three months.

"We won a game there last year," said Sotolongo. "Then we lost our last game 7-6. I just want to go there to be competitive. We should do fine."

Sotolongo wraps up his last season in Barstow, turning the reigns of the team to Waddell.

"I'm leaving here a winner," said Sotolongo. "And I owe it all to the Bulldogs."

See next week's BARSTOW LOG
for Western Regional results



Photo by Cpl. Mike McQuillan

Bulldog centerfielder Dominic Williams battles A-1 third-baseman Vince Sanchez to keep his foot on the base and avoid a quick tag.

1986 CORVETTE COUPE: Xlt cond, 86K original miles, great car, must sell, want new one. \$8,995. OBO. Call 252-6912.

1993 JEEP GRAND CHEROKEE: Limited Edition, white with gold trim, 318V-8, auto overdrive, rebuilt eng. and trans., loaded, tow package, CD/primo sound system, tan leather interior, wholesale \$11,150., retail \$16,205., sell for \$12,000. OBO. Call 241-8967.

1973 FORD BRONCO 4X4: PS, PB, 302, C4 trans, interior re-done, lots of spare parts, \$5500. Call 256-8131 AWH.

1994 FORD ESCORT LX WAGON: Xlt cond., 53,500 original miles, AC, auto, PS, PB, AM/FM. \$6,200. OBO. Call 252-4530.

1983 FORD: F-250 extended cab HD, 460, auto, new tires, brakes, battery, etc, current smog and license, needs carb. and minor work. \$2,995. Call 254-2066.

1964 FORD GALAXIE 500: 2-door, runs, currently licensed, needs restoring, lots of extra parts. \$1,500. Call 254-2066.

1985 FORD: Truck 302 eng., 30K on rebuild, complete with fuel injection. \$250. Call 254-2066.

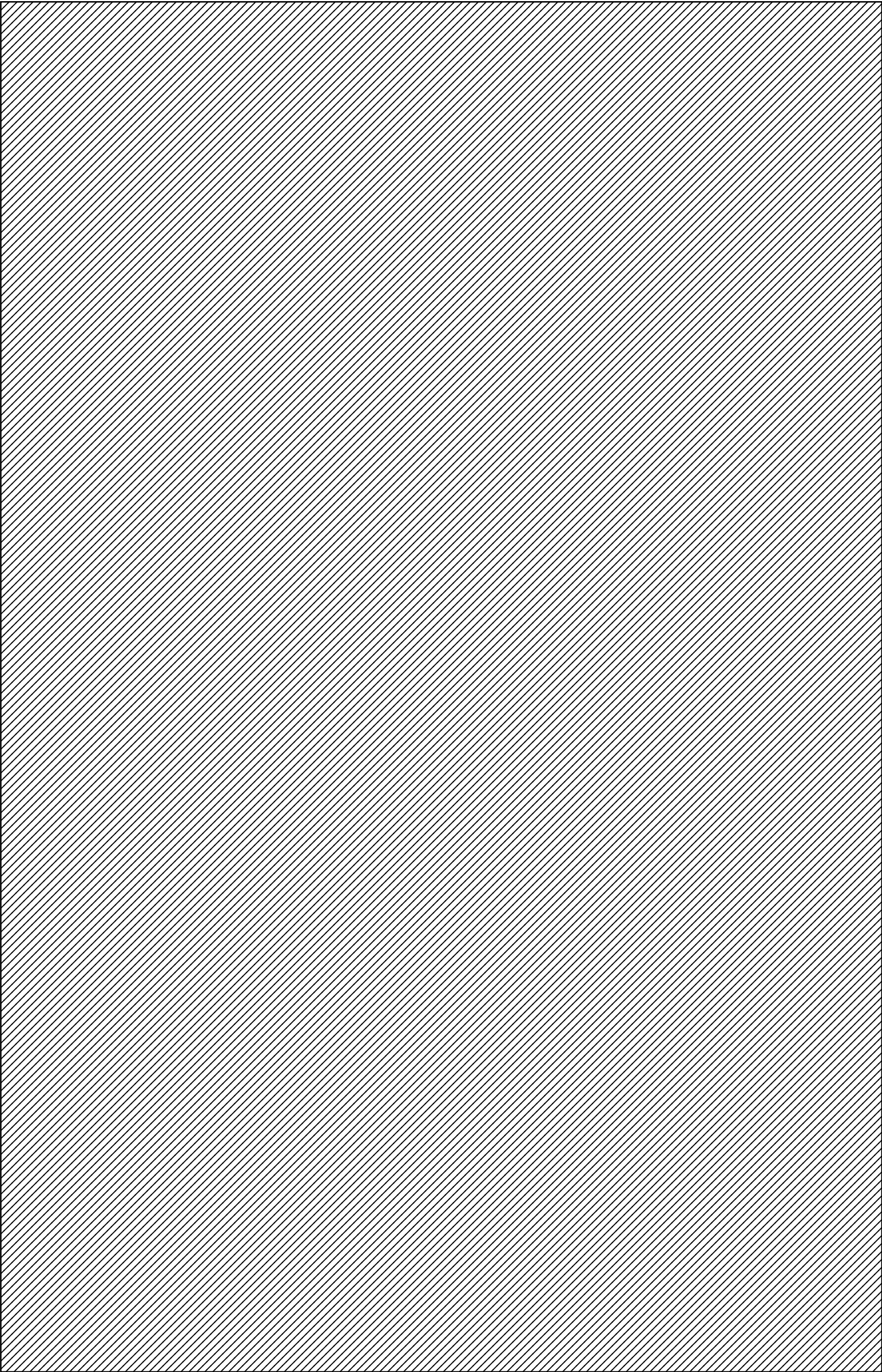
1983 KOMFORT LITE: Travel trailer, 18 ft. \$2,500. OBO. Call Randy at 386-8134.

FOR SALE: Refrigerator, Xlt. cond., Runs Xlt. \$100. Call 256-8750.

FOR SALE: GE VHS Camcorder w/ battery, battery charger and case, real good cond. \$125. OBO. Call 254-2599 AWH.

FOR SALE: 140 western books, \$40; box of more than 50 Harlequin Romance books, \$10. Phone before 8 p.m. 256-6637.

PETS: AKG German Shepherd puppies, born March 30, 1999, dewormed, all shots, parents AKC, German descendants on property. Call 256-2802.



MCCS Update ...

By James H. Gaines
MCCS Publicity

Get 10 percent back

The Base Exchange's Sand Dollars can give you 10 percent back on every dollar you spend at the Main Exchange, the 7-Day Store and the Yermo Exchange.

If you're not familiar with the Sand Dollar, here's how it works: during the month of July, for every \$10 or more in purchases you earn one Sand Dollar. The purchases do not include cigarettes or alcohol. The Sand Dollars have a redemption value of one dollar (\$1) during the month of August. (Sand Dollars cannot be redeemed for purchases of cigarettes or alcohol).

You can make purchases during August using all or part of your Sand Dollar earnings on individual purchases (use your earned Sand Dollars all at once, or spread them out over the month of August).

The MCLB Base Exchange is making the Sand Dollar promotion available to all patrons as a way of saying thank you for your great support.

Visit your MCLB/MCCS Base Exchange, shop the great buys available and earn Sand Dollars for next month. You save twice by earning our promotional "free money" for next month's shopping. Where else can you find a deal like that?

Sand Dollars are available to all active duty military, retirees, reservists in active status, Delayed Entry Program (DEP) personnel, authorized MCCS employees, family members of those mentioned above, and MCLB DoD civilian personnel (MCLB DoD civilian personnel Sand Dollars earned and redeemable on snack and food item purchases only).

The Sand Dollar promotion is available at the Main Exchange (Nebo) as well as the Yermo Exchange.

The Main Exchange/7-Day Store is open Monday through Saturday 9 a.m. to 6 p.m. and Sunday 10 a.m. to 6 p.m. Call 256-8974 for more information.

The Yermo Exchange is open Monday through Friday 9 a.m. to 3:30 p.m. Closed Saturday and Sunday. Call 577-7092 for more information.

Gas pumps almost here

So far so good, we're on schedule for a July 30th fully operational date. The canopy and the cashier's booth are up and ready for customers. We're waiting for the California State Inspectors to certify the pumps. Once this certification is received the gas pumps will be open for customers.

Thank you for your understanding, patience and cooperation during this gasoline pump installation project. If you have questions please contact Harry Sherman, MCCS Operations Officer at 577-6269.

Great lunch menu this week

This week's lunch menu at the Family Restaurant and Cactus Cafe offers a delicious variety:

Today – Grilled steak, potato

wedges, vegetable, roll/butter.

Friday, July 23 – Tuna loaf, herb-buttered noodles, vegetable, roll/butter.

Monday, July 26 – Open-face roast beef, mashed potatoes, vegetable, roll/butter.

Tuesday, July 27 – Tamale pie, beans, rice, vegetable, roll/butter.

Wednesday, July 28 – Baked chicken, mashed potatoes, vegetable, roll/butter.

Thursday, July 29 – Veal parmesan, pasta & sauce, vegetable, roll/butter.

All above meals served with coffee, tea or soft drink. Lunch is served at the Family Restaurant from 10:30 a.m. to 12:30 p.m. Lunch is served at the Cactus Cafe from 11 a.m. to noon, Monday through Friday. Price is \$3 military, \$4.50 civilian. For further info call 577-6428.

Good food & all you can eat

Family Night at the Family Restaurant – great food, and lots of it, at a very low price. Here's the menu for tonight and next Thursday.

Tonight – Carved roast beef, mashed potatoes, vegetable, roll/butter, dessert and beverage (coffee, tea or soft drink).

Next Thursday night – Spaghetti &

meatballs, vegetable, garlic bread, dessert and beverage (coffee, tea or soft drink).

Family Night dinners are served from 4:30 p.m. to 7:30 p.m. every Thursday. All-you-can-eat \$4.50 adults, \$2.50 children 5 to 11 years, children 4 years and under are free. Call 577-6428.

Oasis Club pool closed Friday

The Oasis Club pool will be closed tomorrow, Friday, July 23, from 11 a.m. to 4 p.m. All authorized patrons are invited to use the Family Pool during this time.

Bowling is fun & inexpensive

At least at the Base Bowling Center it's fun and inexpensive – check out these prices: Adults can bowl for \$1 per game, teens bowl for 50 cents per game, children bowl for 40 cents per game, all with a low 50-cent shoe rental.

We have cold drinks and snacks for your enjoyment. We also have a free-

to-use pool table.

The Bowling Center is open Wednesday through Friday from 11 a.m. to 7 p.m. Saturday and Sunday from 10 a.m. to 6 p.m.

Call 577-6264 for more details.

ITT tickets at Yermo

No need for Yermo personnel to drive all the way over to the Nebo side to get ITT tickets. You may now pickup your ITT tickets at the Cactus Cafe between the hours of 11 a.m. to noon on Thursdays. To insure that the tickets you want are available, please call ITT in advance Monday through Friday 8:30 a.m. to 4 p.m. Ticket orders will be taken until 10 a.m. on Thursday and delivered at the Cactus Cafe that same day. ITT has a large variety of tickets to just about everywhere in the Southern California area.

Call us for a complete ticket list and our schedule of upcoming trips.

ITT is open Monday through Friday from 8:30 a.m. to 4 p.m. Call 577-6541 for more details.